

Monday

Tuesday

Wednesday

Thursday

Friday



NOVEMBER 2013

To make a meal reservation at least 48 hours in advance, Contact Your Meal Manager.

Each meal costs the FCDOA Nutrition Program \$4.80, your contributions per meal helps make more meals possible.

Open Faced Hot Turkey Sandwich w/Gravy on Rye Mashed Potatoes Green Beans Fresh Seasonal Fruit Fresh Tossed Salad Italian Dressing Milk	4 Pancakes Italian Sausage Hash Browned Potatoes Diced Pears Tropical Fruit Orange Juice Milk	5 Beef Stroganoff Egg Noodles 3 Bean Salad Fresh Baby Whole Carrots Apricot Halves Wheat Bread Tomato Juice Milk	6 Baked Potato Bar w/Sour Cream, Chili Con Carne, Shredded Cheddar Cheese Tossed Salad w/Ranch Dressing Applesauce Fruit Juice Milk	7 Tuna Sandwich w/American Cheese & Lettuce on Whole Grain Bread Fresh Potato Salad Beef Vegetable Soup Applesauce Milk
CLOSED FOR VETERANS DAY	11 Meatloaf w/Gravy Mashed Potatoes Baby Whole Carrots w/Dill Diced Peaches Multi Grain Roll Cranberry Juice Milk	12 Hearty Beef Stew w/Mixed Veggies and Potatoes Fresh Apple Slices Fruit Punch Multigrain Roll Milk	13 Chicken Salad w/Fresh Spinach Cold Plate Mandarin Oranges Fresh Grape Tomatoes Multi Bean Soup Dinner Roll Tomato Juice Milk	14 Baked Chicken Peas & Carrots Red Beans & Rice Diced Peaches Wheat Bread Pineapple Juice Milk
	18 Roast Beef on Kaiser Roll Tomato & Lettuce Red Onion Slice Potato Salad Fresh Cole Slaw Fruit Cocktail Fruit Juice Milk	19 Chicken Cheese Steak w/Peppers & Onions Provolone Cheese on a Hot Dog Roll Green Beans Pineapple Tidbits Grape Juice Milk	20 Beef Hot Dogs on Roll Mid West Baked Beans Baby Whole Carrots Applesauce Orange Juice Milk	21 Hot Turkey w/Gravy Mashed Potatoes Peas Fresh Cole Slaw Whole Wheat Bread Cranberry Juice Milk
25 Multi Bean & Beef Chili Corn Muffin Sliced Carrots Fresh Apple Apple Juice Milk	26 Roasted Turkey Breast w/Gravy Bread Stuffing Green Beans Cranberry Sauce Fruit Cocktail Pumpkin Pie Milk	27 Chicken Caesar Salad Romaine Lettuce, Diced Chicken, Croutons, Parmesan Cheese, Caesar Dressing Diced Peaches Pineapple Juice Milk	28 CLOSED FOR THANKSGIVING	

~Menus subject to change~